

WEEKEND

It's time to
save daylight **2**

Try out for
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on 'Watchmen' **13**

DIY ice cream
in Wicker Park **8**



Saturday
MARCH 7, 2009

redeyechicago.com

A Chicago Tribune
publication

★ FREE ★
REDEYE ILLUSTRATION

true value?

Dollar menu items are a cheap thrill
but not always so nutritious. Experts
pick the best of the bunch **6-7**



Save daylight ...



Random fact: Because people drive more safely during the daylight, researchers found that daylight-saving time reduces fatal car crashes. One study concluded that year-round DST would prevent 195 deaths of people in cars and 171 pedestrian fatalities.

DST starts Sunday. At 2 a.m. Sunday (or anytime thereafter), set your clocks ahead an hour, and you'll be rewarded with

another hour of sunlight in the evening. **COX NEWSPAPERS**



Chiditarod
TRIBUNE FILE

... and fight boredom

The Chiditarod—that wacky urban event where hipsters push and pull shopping carts through city streets—is Saturday.

The event, which doubles as a food drive, will start at 12:30 p.m. at Hubbard Street and Wolcott Avenue, and organizers expect it to end about 3:30 p.m. at the Bottom Lounge in West Town, the Tribune reports.

The mayhem is closed for registration, but you still can go out and watch. Visit chiditarod.org for more info.



43 38

TODAY'S FORECAST

The storm—after Friday's calm.



SUN.

49
33

More rain,
storms



MON.
48
39

Not bad



TUE.
57
32

Rainy
but
warm



WED.
43
24

Partly
cloudy



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Restylane®
Skin Rejuvenation
Skin Resurfacing
Spider Vein Treatment
Stretch Mark Reduction
Tattoo Removal
Wellness
Weight Management

playlist

sat

'From Beer to Eternity'

LINCOLN SQUARE

Learn how to prepare sauteed spice-rubbed pork tenderloin with beer glaze; chocolate stout cake; and cheddar, bacon and beer soup with beer-thyme biscuits. 7 p.m. Reservations required. The Chopping Block, 4747 N. Lincoln Ave. 773-472-6700.

'Real World' casting call

LINCOLN PARK

Think you've got what it takes to be on MTV's longest-running show? Bring a picture and audition for the 23rd season if you're between the ages of 18 and 24. 10 a.m. Goose Island Brewpub, 1800 N. Clybourn Ave. 312-915-0071.

The Anti-Cruelty Society's birthday

RIVER NORTH

Bring your adopted dog or cat for a social mixer. Includes benefit readings from animal intuitive Denise Zak (\$10 per question) and a youth art display. 1 p.m. The Anti-Cruelty Society, 510 N. La Salle St. 312-644-8338.

Nicklebee Idol Charity Event

NORTH CENTER

Watch a live band karaoke contest. Audience votes decide the winner. Includes two cocktails. 7 p.m. The Globe Pub, 1934 W. Irving Park Rd. 773-398-0842. \$25.



Shake, rattle & WHIRLY

On the agenda: WhirlyBall Chicago, 1880 W. Fullerton Ave., 773-486-7777; whirlyball.com

Check it out if you ... are looking for an active night out, want to relive the fun of your 10th birthday without actually dealing with 10-year-olds, have some friends you're really ready to slam with a bumper car.

The details: A massive sports bar, WhirlyBall offers three courts for its namesake game, which involves driving bumper cars while trying to scoop up balls using a hand-held instrument and then chucking the balls into goals. Courts often are booked weeks in advance, but walk-ins willing to be patient can still try to get into the action, which costs \$12 per person for 30 minutes of play (must have a group of four). While

you're waiting, work up a sweat firing on your buddies in a two-level laser tag arena. WhirlyBall is 21 and over after 5 p.m., and there's a full bar with a huge selection of liquor and beer along with a menu of bar food and plenty of tables and couches for chilling. Air hockey, pool and video games provide even more ways to show off your skills.

The payoff: Enjoying a safe, hilarious night of blowing off steam.

sun

Northwest Side Irish parade

NORWOOD/EDISON PARK

The parade route is Raven Street east to Neola Avenue, west to Northwest Highway and north to Harlem Avenue. 11 a.m. Sunday. Onahan School, 6634 W. Raven St. 773-848-8421.

FREE

Urban Groovefest Dance Workshop

WEST LOOP

Take up to six classes in hip-hop, footwork, breaking and old school dance from local instructors and guest choreographers Elm Pizzaro from Irvine, Calif., and Steve Bolton from Montreal. 10:15 a.m. Lou Conte Dance Studio, 1147 W. Jackson Blvd. 312-850-9766. \$16 per class; \$35 for three classes; \$50 all-day pass.

wknd

Irish Film Festival

BEVERLY

Features screenings of more than 25 full-length films, shorts and documentaries made by Irish and Irish-American filmmakers. Through March 11. Tickets: chicagoirishfilmfestival.net Beverly Arts Center of Chicago, 2407 W. 111th St. 773-445-3838. \$10 per screening; \$50-\$65 for all-fest pass; \$25-\$30 for opening and closing night receptions.

Chicago International Movies & Music Festival

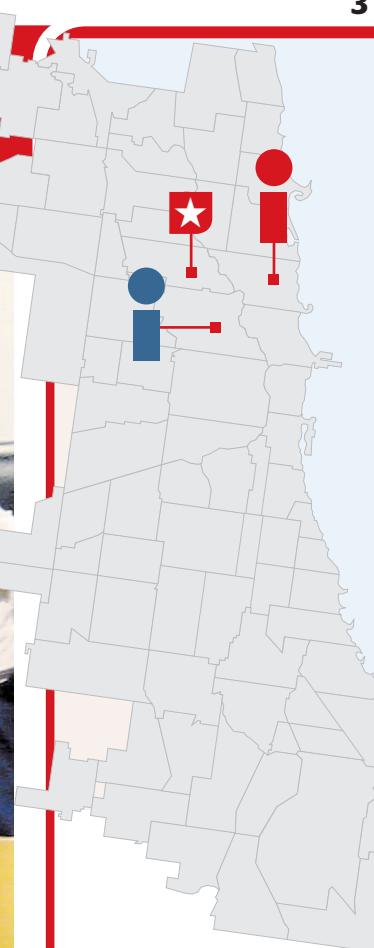
LOOP

See more than a dozen music-focused films as part of the inaugural festival, taking place at a handful of venues across the city.

Schedule: cimmfest.org. Chicago Cultural Center, 78 E. Washington St. 312-924-1880.

FREE

A mashup of RedEye and Metromix.com



THE GAMER

Who's playing at home



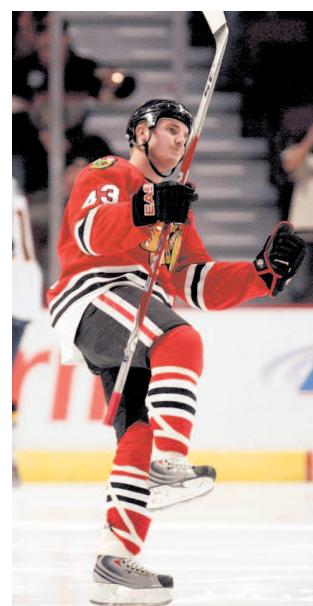
Wolves vs. Peoria

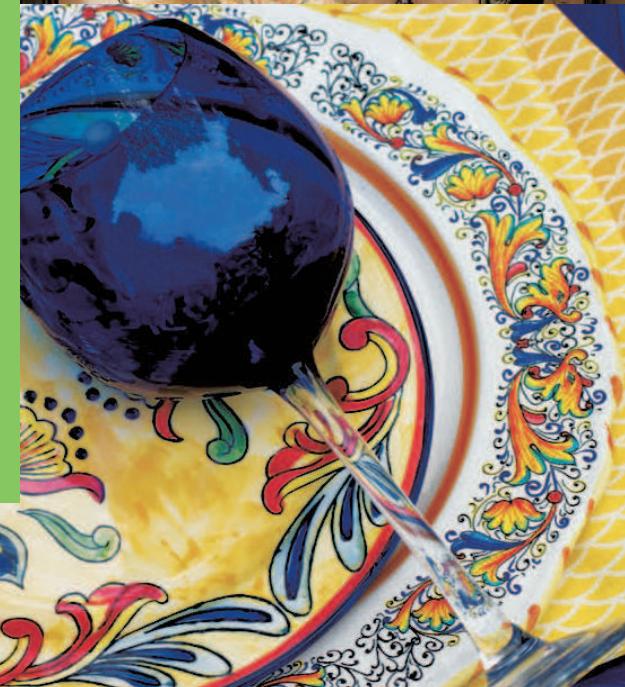
5 p.m. Sunday, Allstate Arena



Blackhawks vs. Colorado

2 p.m. Sunday, United Center





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deja view

Only in America

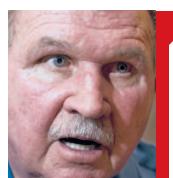
L.A. residents had to watch what they said this week. The city's board of supervisors declared it "No Cussing Week" at the suggestion of a high-school student who started a similarly minded no-cussing—or swearing, or cursing, or whatever—club at his high school. It's a noble goal, but it's hard to see something like that flying in the Windy City, isn't it? Just think of the people who'd be affected ...



Rod Blagojevich
He's [bleeping] golden!



Ozzie Guillen
He's good until the media ask him a question.



Mike Ditka
How would he ever hawk his Kick Ass Red wines?

CTA pitch

The CTA this week opened up its real estate portfolio in Chicago and the suburbs to sell or lease surplus properties and boost the agency's bottom line. Wanna buy some property? Here's what we imagine a Craigslist post for that kind of stuff might look like.

[craigslist > city of chicago > real estate](#)

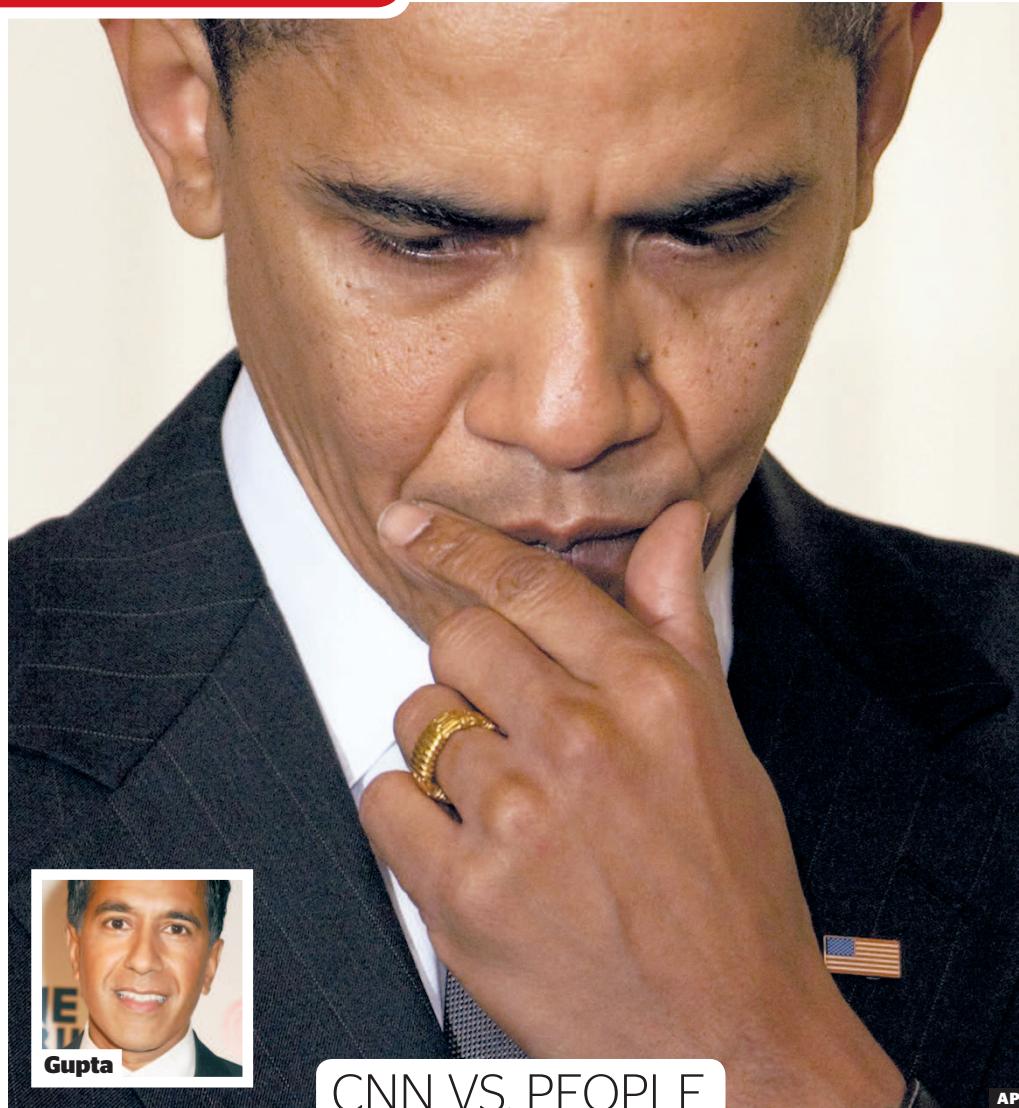
FOR SALE Convenient Property—Very Very Close To 'L' (Chicago)

Reply to: [see below](#)

Date: 2009-03-05, 7:01PM CST

Looking to make an investment in your future? Love the shake, rattle and roll of Chicago? How about a place bumpin' up against the Brown Line? You can literally reach out and touch it! Why hasn't anyone called us on this yet?

Love, **The CTA**

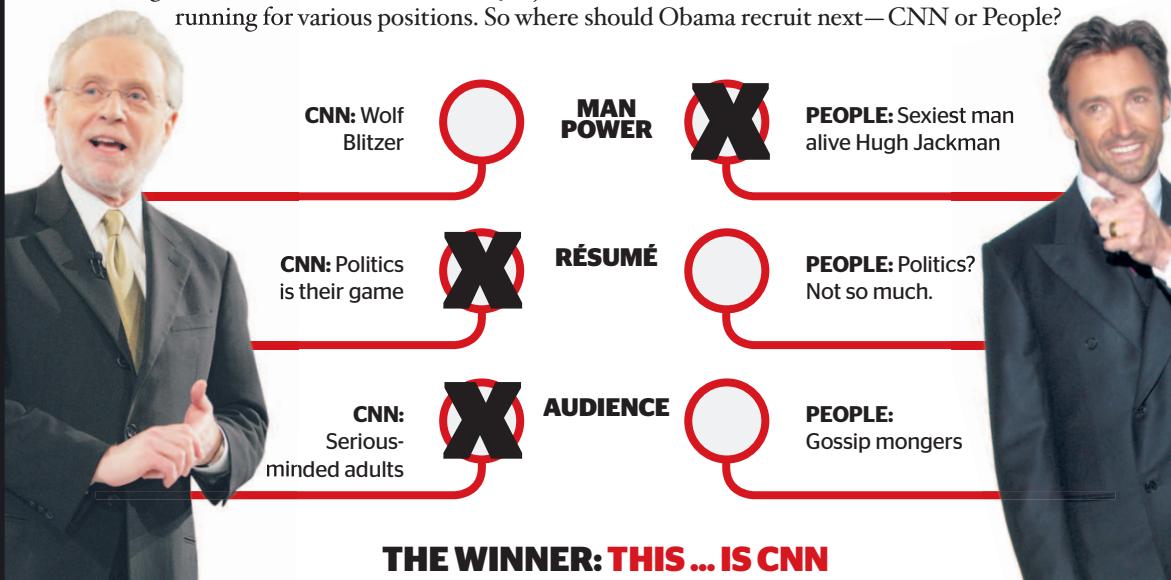


CNN VS. PEOPLE

AP

Thanks, but no thanks

CNN medical correspondent Dr. Sanjay Gupta dropped out of the running for President Obama's surgeon general this week. The practicing neurosurgeon—who, by the way, was one of People magazine's "sexiest men alive" in 2003—joins the short list of cabinet nominees to bow out of the running for various positions. So where should Obama recruit next—CNN or People?



Heat index

RedEye takes the temperature of current events



'Watchmen'
You're my boy, blue!



Congressional primaries
Did you vote?



Instant coffee
Actually ... not so bad.



Jimmy Fallon
Conan had a shaky start too.



Cubs vs. Sox
Spring Training never felt so good.



Chris Brown
Not a good situation.

Just buck it?

Loading up on fast food value items saves money, but it could be costly to your health

By Leonor Vivanco

REDEYE

Deal or no deal?

It's really a no-brainer for Ryan Maxey, 21, who lives in Wicker Park.

Surrounded by a feast of fast food offerings, he searches for dining options that give him the most grub for his dollar.

"I'm on the go and I don't have much cash," Maxey said. "I don't have time to make a sandwich before school usually."

So he orders Taco Bell's 89 cent cheesy double beef burrito or the \$1 McDouble for lunch, dinner, snacks in between classes at Columbia College and post-bar munchies.

He's not alone in his quest for cheap eats. While people still order combo meals—the sandwich, side and drink deals—restaurant industry insiders say a growing number of fast food customers are building meals from value menus. But nutritionists question the health benefits of relying heavily on fast food bargains.

"Yes, they are a dollar. But when you consider the amount of calories and fat that are in these foods, down the road you'll end up gaining weight and increasing your likelihood of high cholesterol, which leads to heart disease," said Jennifer Vimbor, a registered dietitian and founder of the Nutrition Counseling Services in the South Loop.

Still, fast food restaurants are catering to customers by offering inexpensive menu items. Last month, KFC became the most recent fast food chain to launch a value menu with items costing roughly a buck.

Instead of ordering combo meals, Maxey says, he mixes and matches off value menus for his meal at roughly the same price. For example, he'll order two sandwiches—a McDouble and McChicken—and small fries at McDonald's.

LVIVANCO@TRIBUNE.COM

MENU SWAP

Fast food customers are shifting to the value menu, mainly because of price and value, according to research from Technomic, a Chicago-based food service consultant. Research from last March showed 36 percent of consumers order from value menus because items are cheap and 23 percent do so because they feel like they're getting their money's worth.

said Bonnie Riggs, NPD restaurant industry analyst.

Hungry customers order off the value menu because there are more options and the appeal of the combo meal being a cheap deal is waning, she said.

The question is, are they doing so at the cost of their health?

Experts say there are certain things to watch out for when ordering fast food. It's important to look not only at the calorie count but what percentage of calories are coming from fat, said Hannah El-Amin, registered dietitian at Northwestern Memorial Hospital. A food item could be low in calories but problematic if most calories are coming from fat because it can increase chances of having high cholesterol, she said.

Fast food customers should watch out for high sodium, seek out fiber when possible and include whole grain, some protein, fruit and vegetables if trying to build a healthy meal, she said.

But beware of piling up on value menu items just because they're cheap, she said.

"If somebody's looking to save money in this economy and they want to eat healthy," she said, "the best option is to pack their lunch instead of eating out."

Experts weigh in

Sure they may be cheap, but how nutritious are the value menus?

With March being National Nutrition Month, RedEye asked dietitians to pick the healthiest and most indulgent items that cost roughly a buck at select fast food chains.

LEONOR VIVANCO, REDEYE

MEET THE PANEL

» Hannah El-Amin, clinical dietitian at Northwestern Memorial Hospital's Center for Integrative Medicine & Wellness

» Mary Russell, registered dietitian and Nutrition Services director at the University of Chicago Medical Center

» Toby Smithson, community dietitian at the Lake County Health Department and spokeswoman for the American Dietetic Association

Wendy's Super Value Menu

\$1.59 » Spicy chicken go wrap: 320 calories (including tortilla, lettuce, fillet, ranch sauce, cheese)

» Homestyle chicken go wrap: 320 calories (including tortilla, lettuce, fillet, ranch sauce, cheese)

» Grilled chicken go wrap: 260 calories (including tortilla, lettuce, fillet, honey mustard sauce, cheese)

\$1.19 » 5-piece crispy chicken nuggets: 230 calories

\$9.99 » Crispy chicken sandwich: 330 calories (including patty, lettuce, mayonnaise, bun)

» Double stack: 360 calories (including 2 jr. hamburger patties, 1 slice of cheese, 2 dill pickles, 2 rings of onion, bun, ketchup, mustard)

» Jr. bacon cheeseburger: 310 calories (including jr. hamburger patty, 1 slice of cheese, 2 strips of bacon, mayonnaise, 1 tomato slice, lettuce, bun)

» Value french fries: 210 calories

HEALTHIEST: Grilled chicken go wrap without cheese: 32 percent calories from fat, 8 percent calories from saturated fat
MOST INDULGENT: Double stack: 44 percent calories from fat, 5 percent calories from saturated fat
COMMENTS: Be sure to ask for no cheese on the grilled chicken wrap.

Hannah El-Amin



Mary Russell



Toby Smithson



HEALTHIEST: Grilled chicken go wrap
MOST INDULGENT: Double stack

COMMENTS: French fries are great if you can eat only a few. Sugary beverages are never a good choice; stick with water, unsweetened tea or diet beverages. Skip pickles to reduce sodium in any sandwich.

HEALTHIEST: Grilled chicken go wrap. The grilled chicken go wrap provided the least amount of fat, 2-1/2 ounces of meat group and 760 milligrams of sodium. The sodium recommendations are for 2,300 milligrams/day or less, so this item can fit into a healthy diet. The protein requirements based on a 2,000 calorie/day diet are 5.5 ounces/day, so a 2-3 ounce portion of meat group fits into a healthy meal plan.

MOST INDULGENT: Double stack. This meal was the highest in calories and fat without getting much more as far as nutrients.

COMMENTS: Suggestion to make the double stack a healthier choice would be to take off one of the burgers to make it a single stack sandwich.

Grilled chicken go wrap



Taco Bell Why Pay More Menu

\$7.79 » Cheese roll-up: 200 calories
» Cinnamon twists: 170 calories

\$8.89 » Triple layer nachos: 340 calories (including beans, nacho cheese sauce, nacho chips, red sauce)
» Crunchy taco: 170 calories (including cheese, lettuce, seasoned ground beef, taco shell)
» Cheesy double beef burrito: 460 calories (including nacho cheese sauce, rice, seasoned ground beef, tortilla)

\$9.99 » Soft taco: 200 calories (including cheese, lettuce, seasoned ground beef, tortilla)
» Big taste taco: 420 calories (including cheese, creamy jalapeno sauce, lettuce, red strips, seasoned ground beef, tortilla)
» Bean burrito: 350 calories (including cheese, onions, beans, red sauce, tortilla)
» Caramel apple empanada: 290 calories



HEALTHIEST: Bean burrito: 19 percent calories from fat, 7 percent calories from saturated fat

MOST INDULGENT: Cheesy double beef burrito: 39 percent calories from fat, 13 percent calories from saturated fat

COMMENTS: Bonus: 9 grams of fiber in the bean burrito. Fiber is hard to find at fast food restaurants.

HEALTHIEST: Crunchy taco

MOST INDULGENT: Cheesy double beef burrito

COMMENTS: Cheese roll-up also is a good choice; even better if you can add vegetables. Love the fiber in the bean burrito but the sodium content of this item is more than half of the recommended daily amount.

HEALTHIEST: Bean burrito. It has a good source of lean protein, almost a 2-ounce portion of meat group, and is fairly low in fat and high in fiber. It had the most fiber out of all the value meal menu options. As with all the fast food meals, the sodium was on the high side at 1,200 milligrams (half of the sodium allotment for the day).

MOST INDULGENT: Cheesy double beef burrito. This burrito contained about 2.5 ounces of the meat group, was highest in calories, fat, and sodium (1,620 milligrams).

COMMENTS: Another option would be two soft tacos Fresco style or the Big Taste taco Fresco style. These choices will provide a 2-ounce meat portion and keep the fat down to 12-14 grams.

McDonald's Dollar Menu

\$1.00 » McDougle: 390 calories (including beef patty, bun, cheese, ketchup, pickle slices, onions and mustard)
» Fruit 'n yogurt parfait: 160 calories
» Small fry: 230 calories
» 2 apple pies: 250 calories in each pie, 500 calories combined
» McChicken sandwich: 360 calories (including patty, bun, mayonnaise dressing, lettuce)
» Ice cream sundae: Varies in calories depending on the topping. Strawberry sundae has 280, hot fudge has 330 and hot caramel has 340.

» Small soft drink: Coke and Sprite each have 150 calories
» Side salad: 20 calories

McChicken



Bean burrito



HEALTHIEST: McChicken (no mayo): 310 calories, 32 percent calories from fat, 6 percent calories from saturated fat

MOST INDULGENT: McDougle: 43 percent calories from fat, 18 percent calories from saturated fat

COMMENTS: Ask for no mayo on the McChicken. Try adding BBQ sauce instead for an extra 50 calories. I would suggest adding apple dippers on the side and skipping the caramel sauce.

HEALTHIEST: McChicken sandwich if you are not following a low-sodium diet

MOST INDULGENT: Apple pies: very little protein, quite a lot of fat (same could be said about the fries)

COMMENTS: Most of these items are not meals. A fruit and yogurt parfait would be a good snack option (calcium, some protein, a little fiber).

HEALTHIEST: The best dessert choice would be the fruit and yogurt parfait as it was the lowest fat and calorie choice. You can save an extra 30 calories by leaving off the granola. The best sandwich choice is the McChicken sandwich and a side salad with a choice of either the low-fat balsamic vinaigrette, the low-fat family recipe Italian or the low-fat sesame ginger salad dressing.

MOST INDULGENT: Two hot apple pies. This is not a nutrient-rich food as it is loaded with fat, carbohydrate and calories.

COMMENTS: Add a side salad to add some veggies and crunch to your meal. It is a low-calorie side dish.

KFC Ultimate Value Menu

\$9.99 » Snacker sandwich: 270 calories for original strip
» Two biscuits: 180 calories per biscuit, 360 calories combined
» Two apple turnovers: 260 calories in each, 520 calories combined

\$1.49 » Side salad: 15 calories for the "house" salad without dressing
» Toasted wrap: 340 calories for the original strip

\$1.99 » Popcorn snack box: 660 calories
» Plain hot wing snack box: 470 calories
» Snack size bowl: 320 calories
» Honey BBQ sandwich: 310 calories



Honey BBQ sandwich

HEALTHIEST: None. Too high in saturated fat. Whopper Jr. with cheese still offers 37 percent calories from fat and 13 percent calories from saturated fat.

MOST INDULGENT: Spicy chicken crisp sandwich: 60 percent calories from fat, 10 percent calories from saturated fat

COMMENTS: The term "healthiest" is used very loosely with Burger King. They somehow manage to pack a lot of fat into a small package.

HEALTHIEST: Honey BBQ sandwich

MOST INDULGENT: Popcorn snack box for a meal; biscuits for a snack

COMMENTS: Side salads seem like a good deal because they have few calories. However, the dressing adds fat and sodium, and there is no protein so you will be hungry again soon.

HEALTHIEST: Honey BBQ sandwich. This sandwich provides a 3-ounce meat portion and is low in fat compared to the other value meal choices. Add a side salad with Italian light dressing to add more veggies to your meal for minimal amount of calories.

MOST INDULGENT: Snack box with popcorn chicken and potato wedges. This item was the highest calories, fat and sodium from all the restaurant choices. It is not a good combination for heart disease prevention by having a high-calorie, high-fat (41 grams) and high-sodium meal (1,900 milligrams).

COMMENTS: Add the side salad to your meal with a low-fat dressing.

HEALTHIEST: Whopper Jr. Sandwich without mayo

MOST INDULGENT: Dutch apple pie

COMMENTS: Adding cheese to your Whopper Jr. boosts the calcium (and also the sodium).

HEALTHIEST: Whopper Jr. without mayo provides a 2-ounce meat portion that is fairly low in fat (12 grams) and the lowest sodium content. Add a side salad with the low-fat dressing.

MOST INDULGENT: Spicy Chicken Crisp sandwich. This sandwich does not contain much protein for the calories it provides. It also is very high in fat (30 grams) for a sandwich. Sodium also was on the higher side at 810 milligrams.

COMMENTS: Add a side salad with the low-fat dressing and leave off the mayo on the sandwich. Note that the chicken tenders (4 pieces) only provide 1 ounce of a meat portion.

Burger King Value Menu

\$1.00 » Whopper Jr.: 370 calories (without cheese but with mayo)
» Crown shaped chicken tenders: 180 calories for four pieces
» Spicy chick'n crisp sandwich: 450 calories (with mayo)
» Small soft drink: Coke and Sprite each have 140 calories (16 oz.)
» Small fries: 340 calories salted
» Small onion rings: 310 calories
» Side garden salad: 15 calories
» Dutch apple pie: 320 calories



metromix



the it list By Lisa Balde

What's hot this weekend



Andrew Bird

WATCH IT

CIMMfest flicks

'Hood: Various locations

Brace yourself, indie rockers. The barrage of music-geek movies that kicked off the Chicago International Movies and Music Festival on Thursday continues this weekend—and the lineup is as intense as the performers being showcased. Choose from 28 features, shorts and documentaries, including such standouts as "Martino Unstrung: A Brain Mystery" (6 p.m. Saturday, **Chicago Cultural Center**, 78 E. Washington St. \$8 donation), the Chicago premiere about jazz musician Pat Martino, who relearns his music after losing his memory, and "Largo" (9 p.m. Saturday, **St. Paul's Cultural Center**, 2215 W. North Ave. \$8), a glimpse into the artist-focused Hollywood club of the same name via performances by Andrew Bird, Flight of the Conchords, Fiona Apple and others. Stay tuned on Monday for the only local screening of Wilco's concert film, "Ashes of American Flags" (7:30 p.m. Monday, Music Box Theater, 3733 N. Southport Ave. \$10). Tickets and movie times: cimmfest.org

When: Saturday and Sunday, times vary

Cost: \$8-\$10



DRINK IT

Bristol's Bloody Breakfast

'Hood: Bucktown

It's easy to lust after the bloody mary setup at **The Bristol** (2152 N. Damen Ave. 773-862-5555), where a tall version of the hangover helper is made with organic vodka and comes with a small salad of salumi, cheese and pickles, not to mention a 7-ounce beer chaser (translation: well-rounded breakfast!). If the price tag (\$19) has scared you away thus far, here's a splurge-worthy reason to give it a try. For a limited time, The Bristol offers a second order of the mary for \$6. Surely \$25 split two ways is an easier pill to swallow—especially after you've swallowed a few too many brewskies the night before.

When: During brunch, 10 a.m.-2 p.m. Saturday-Sunday
Cost: \$25 for two bloody marys

TRY IT

iCream

'Hood: Wicker Park

After equipment troubles forced its closure soon after opening in August, the make-your-own ice cream cafe **iCream** (1537 N. Milwaukee Ave. 773-342-2834) reopens just in time for daylight savings. Refreshed and ready to begin anew, the DIY concept hasn't changed with the hardware upgrade. Here's the rundown: Instead of choosing from 41 pre-frozen flavors, you court your ice cream through the creation process, from your pick of soy, non-fat, sorbet or ice cream base to fancy flavoring and colors. Thanks to an army of mixers and a dash of hydrogen, your DIY dessert is ready in a jiffy. Also look for Italian sodas, smoothies, coffee and free wi-fi, plus a dog-friendly patio opening this summer.

When: Grand reopening Saturday
Cost: Prices vary

HEAR IT

SXSW Send Off Party

'Hood: Near South Side

One of the biggest indie-focused music festivals of the year is nigh. As local rockers gear up to tempt their label-signing fate at South By Southwest in Austin, **Reggie's Music Joint** (2109 S. State St. 312-949-0120) sends five of them off in Chicago style during a benefit show on Saturday. Your \$7 cover and a portion of bar sales go directly to the bands for their travel expenses. The beneficiaries taking the stage: Chi headliners Blueblood, who've played with the likes of Fleet Foxes and The Most Serene Republic, plus Chaperone, Heavy the Fall, Invade Rome from Milwaukee and Last Good Year from Indiana. Here's to supporting local and regional music!

When: 7 p.m. Saturday

Cost: \$7

CELEBRATE IT

Crobar's anniversary

'Hood: Old Town

Another year, another massive party to celebrate a behemoth of Chicago clubs. On Saturday, **Crobar** (1543 N. Kingsbury St. 312-266-1900) rocks out its birthday in honor of the energized weekend partiers (psst: that's you) that have stuck with the club all these years to groove to the DJs of the moment. Celebrate Crobar's big 1-7 with an open bar from 9-11 p.m. and a DJ set by Robbie Rivera, on tour backing his new album, "Star Quality." R.S.V.P. now at crobar.com; there's still time to nab complimentary admission before midnight.

When: 9 p.m. Saturday

Cost: \$20, free before midnight with R.S.V.P.: crobar.com

LISA BALDE IS THE METROMIX PRINT EDITOR. LBALDE@TRIBUNE.COM



Crobar

FILE FOR METROMIX

Still Golden

1 McDonald's Bacon Egg & Cheese McGriddles



First impression: Seriously? Is this muffin really branded with the Golden Arches? Yes. Yes it is. Shameless marketing tactics and cardiac fallout aside, there's a reason people order these little cholesterol pucks. The sweet maple bun is the ideal balance to the salty (if limp) bacon, and the perfectly folded egg product, while an entirely unnatural shade of yellow, isn't rubbery or dry like the competition. We don't want to know what goes on behind that convenient barrier of stainless steel and soda machines at McDonald's, but we get why the end result is a guilty pleasure for some.

Cost: \$2.80; **combo:** \$4.20 (includes small coffee, hashbrowns)

Nutrition breakdown: 420 calories, 19 grams fat, 240 milligrams cholesterol, 48 grams carbs

Bottom line: Don't mess with the Arches.

2 Starbucks' Artisan Breakfast Sandwiches

Artisan (n.): A person skilled in an applied art; a craftsman. Hmm. Well, the gals who heated our sandwiches had mad microwaving skills. We're just not sure microwave cooking qualifies as an applied art. But while they're not really "artisan," Starbucks' newest breakfast products do have some nice touches, like real, properly melted cheese. The issue is consistency. The roll on the ham-cheddar sandwich at one 'bucks was rock hard; the roll on the bacon-gouda version at another was pretty good. And inconsistent handling of the combo meal really rankled us. We ordered a sandwich and a tall coffee at two different Starbucks. One charged separately (\$1.06 more), the other charged the combo price. What gives, Starbucks?

Cost: \$3.25; **combo:** \$3.95 (includes tall brewed coffee)

Nutrition breakdown (ham-cheddar/bacon-gouda): 370/380 calories, 16/20 grams fat, 190/175 milligrams cholesterol, 32/31 grams carbs

Bottom line: In a 7:30 a.m., pre-coffee state, we can't handle surprises (or math). Consistency needs to improve before we get behind this one.



3 Dunkin' Donuts Waffle Breakfast Sandwich



Oh, Dunkin' Donuts.

We love your coffee.

Really, we do. And when

we bring a box of Munchkins

to the office? Wow. Hero for a day. But we're just not feeling this new waffle thing. The maple waffles don't touch the competition over at the Golden Arches, and the egg product has the texture of Nerf. Worst of all, the cheese hardly was melted. Nice job on the bacon, though—crispier than any of the competition.

Cost: \$2.99; **combo:** \$4.09 (includes medium coffee)

Nutrition breakdown: 390 calories, 23 grams of fat, 200 milligrams cholesterol, 28 grams carbs

Bottom line: Stick with the Munchkins.

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¹ Bureau of Labor Statistics, U.S. Dept. of Labor, Occupational Outlook Handbook, 08-09.

Metromix's top weekend shows

THE WEEK THAT WAS

Members of Field Music do something else that's also brilliant. Quality locals Canasta open. 10 p.m. Sat. \$10. Empty Bottle, 1035 N. Western Ave. 773-276-3600.

WILD LIGHT

Rockers' debut, "Adult Nights," has the tunes to back up the hype. Tapes 'N' Tapes headline. 9 p.m. Sat. \$16. Metro, 3730 N. Clark St. 773-549-0203

N.A.S.A.

New album, "The Spirit of Apollo," dares to combine artists like David Byrne and Chuck D, Tom Waits and Kool Keith. Odd. With DJ Zebo, Starter DJs, Abstract Giants, Kidd Russel. 10 p.m. Sat. \$15. Abbey Pub, 3420 W. Grace St. 773-478-4408.

TOUBAB KREWE

African sounds meet American styles. With The Bridge, DJ Warp. 10 p.m. Sat. \$12. Martyrs', 3855 N. Lincoln Ave. 773-404-9869.



PRESEASON FROM ARIZONA!

CUBS
AT
BREWERS

TODAY 2PM

WGN SPORTS

ON-SALE TICKETS

On sale 10 a.m. Saturday

Def Leppard, Poison, Cheap Trick, Friday, July 17 (\$25-\$125, all ages) at First Midwest Bank Amphitheatre.

Lady Sovereign, Thursday, May 14 (\$15, 18+) at Metro.

Mastodon, Kylesa, Intronaut, Thursday, April 30 (\$20, 18+) at Metro.

The Tragically Hip, Tuesday, May 26, Wednesday, May 27 (\$33, 18+) at Vic Theatre.

Unwigged and Unplugged (Christopher Guest, Michael McKean, Harry Shearer), Saturday, May 30 (\$35-\$55, all ages) at Chicago Theatre.

On sale noon Saturday

Bon Jovi, Thursday, June 25 (\$42-\$97, all ages) at Marcus Amphitheater, Milwaukee.

Soulive, Sunday, April 26 (\$20, 21+) at Double Door.

Robin Thicke, Jennifer Hudson, Sunday, April 26 (\$49.50-\$75, all ages) at Arie Crown Theatre.

The Toadies, Wednesday, May 20

(\$15, 18+) at Metro.

On sale now

Booka Shade, Thursday, March 26 (\$20, 18+) at Metro.

Colin Hay, Saturday, April 25 (\$31.50-\$35, 21+) at Lakeshore Theater.

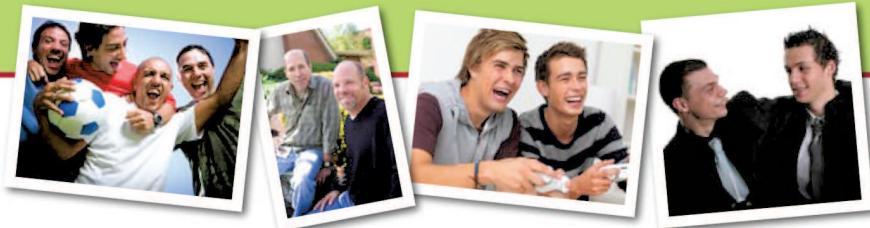
Talib Kweli, Saturday, May 2 (\$30-\$50, all ages) at House of Blues.

Manchester Orchestra, Friday, May 8 (\$13-\$15, 17+) at Subterranean.

Summer Camp 2009: moe., Umphrey's McGee, Willie Nelson, Les Claypool, Dark Star Orchestra, Keller Williams, Girl Talk, more, Friday, May 22, Saturday, May 23, Sunday, May 24 (\$120-\$150, all ages) at Three Sisters Park, Chillicothe, Ill.

Metromix.com wants to know... **WHO'S YOUR BEST BRO?**

Submit a photo with your best guy friend for a chance to win passes to special screenings of Paramount Pictures' "I Love You, Man"



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I LOVE YOU, MAN
PAUL RUDD JASON SEGEL



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pop

It's good to be 'Bad'

Walter White is living one of life's little ironies.

Before he went into business manufacturing meth, Walt (Bryan Cranston) was a wimpy chemistry teacher struggling to support his pregnant wife and teen son. It took a death sentence—he learned he had terminal lung cancer—for him to start living. Sure, he's thriving on the wrong side of the law, but he's gained purpose, passion and power.

Breaking Bad

9 p.m. Sunday, AMC



their improved product to sadistic drug lord Tuco (a scary Raymond Cruz). Tuco takes a snort and gets so amped up he kills one of his buddies.

But Tuco is the least of Walt's worries. His DEA agent brother-in-law, Hank (Dean Norris), has video footage showing Walt and Jesse—hilariously disguised and fumbling—as they steal chemicals for the meth lab. Hank doesn't know it's them, but he's closing in. Walt comes up with a plan to cut ties with Tuco and throw his family off the trail. As always, things go comically wrong.

That's the beauty of "Breaking Bad": It's dark, bleak and brutal, but it's also one of the funniest shows on TV. And if ever an actor earned his Emmy, Cranston did. With quiet magnetism, he exposes Walt's complicated, conflicted psyche to viewers. Loving family man or stone-cold killer? Brilliant chemist or bumbling businessman? He's all of these, and you'll love him for it. **CURT WAGNER, REDEYE**

LOVE IT

ALBUM

Middle Cyclone

Neko Case

The songwriting is sharp on "Middle Cyclone," Neko Case's sixth studio album. It's rich with images of disaster, both natural and emotional, often in the service of spooky love songs. Tornadoes, spiders, birds, guns, trains, marriage and death: The album is a swirl of related details, and while the songs are often brief, at or under the three-minute mark, they feel expansive. Case is often bracingly direct, and she can be mysteriously open-ended. **STEVE KLINGE, THE PHILADELPHIA INQUIRER**



DVD

Johnny Handsome

\$14.98

Just imagine what films we'd be getting if Mickey Rourke had won that Oscar for best actor the other night. We're talking about his 1989 film "Johnny Handsome," rereleased this week after increased interest in the actor from "The Wrestler." In "Johnny Handsome," Rourke plays a disfigured career criminal who goes to jail after being double-crossed during a heist. You know what they say about payback? Let's just say revenge isn't sweet. **JIM CARNES, MCT**

LIKE IT

SONG

I'm Bad

The Last Vegas

This Chicago quintet daydreams of being from West Hollywood, preferably birthed in a Sunset Strip dive hoovering drugs and cuddling pleather-clad kittens. You have to dream big to live big, kids. Lead singer Chad Cherry wails like Motley Crue's Vince Neil, while guitarists Johnny Wator and Adam Arling launch an Izzy-and-Slash attack from GNR. It's sleazy rawk, but it sounds sublime. A hair-metal revival wouldn't be the worst thing to happen to radio. **SEAN DALY, ST. PETERSBURG TIMES**



WEB CLIP

Meshugene Men

It had so much promise. A parody of "Mad Men"? With Amy Sedaris? By comedy troupe 92Y Tribeca? "Meshugene Men"—which poses the question, What would "Mad Men" be like if it weren't so darn WASPy?—could have been hilarious. Instead, it's a slow-moving, uncreative parody whose only trick is to pad "Mad Men"-style dialogue with lots of Yiddish. Totally disappointing. Search for it on YouTube. **JIM WALSH, REDEYE**

The man in the middle: Bryan Cranston as Walter White. **AMC**



LOATHE IT

VIDEO GAME

Noby Noby Boy

PlayStation 3, \$4.99

In the latest offering from the creator of "Katamari Damacy," the object is to stretch your wormlike Boy as far as possible. And ... well, that's about it. There's an intriguing collaborative element: The more people worldwide who play, the more levels will open up. But the gameplay in the already available levels isn't interesting enough to make me care about what might come next. **LOU KESTEN, AP**

SALES CHECK

THE WEEKEND'S BEST EVENTS AND BARGAINS

le Dress1741 W. Division St.; 773-697-9899, ledresschicago.com

trunk show
The store holds a spring trunk show preview featuring designs from Jessica Audey on Saturday from 3 to 6 p.m. Guests can purchase and pre-order spring items.

Hubba-Hubba3309 N. Clark St.; 773-477-1414, hubbahubbachicago.com

The store gives 25 percent off new merchandise to Loyalty Card-users through Sunday.

P.O.S.H.613 N. State St.; 312-280-1602, poshchicago.com

The store holds The Dish Ran Away with the Spoon sale, offering shoppers up to 75 percent off glassware, silverware, dinnerware and more, through March 15.

UP TO
75%
OFF

Neiman Marcus737 N. Michigan Ave.; 312-642-5900, neimanmarcus.com

The store hosts a Matthew Campbell Laurenza trunk show featuring precious and semiprecious stoned bracelets, bangles and earrings at the first-floor jewelry counter on Saturday from 10 a.m. to 5 p.m.

CLOSINGS & RELOCATIONS

» Andersonville's Hip Fit (1513 W. Foster Ave.; 773-878-4447, hipfitchicago.com) closed its doors Feb. 28, but the online shop (meneedstuff.com) is still active with up to 90 percent off leftovers and out-of-season items at low prices. The boutique is slated to reopen mid-April as an off-price retailer.

» After shifting a few doors south to 1872 N. Damen Ave. earlier this month, Malabar reopened as Claudia Kleiner: Malabar Collection (773-321-6685, malabarboutique.com) and currently offers up to 80 percent off clothing.

**Cowboy crazy**

Whether it's for a theme party or just for fun, these cowboy hat string lights from Target will garner plenty of comments. \$15.49 at Target

Mock me

No one does moccasins better than the classic company Minnetonka. \$36 at Urban Outfitters

**Stomp the yard**

This ABU Fringe Ankle Boot combines the tough cowboy look with a girly element. \$135 at topshop.com

**Boot it**

These Frye boots are tough enough for riding in the rodeo or cruising on a motorcycle. \$197.95 at Nordstrom

Western front

hot stuff

Lately the cowboy and Western-inspired look has been popping up everywhere. Try the trend on for size with moccasins, fringe, suede and leather, and rough-and-tumble boots. You'll find yourself shouting, "This town isn't big enough for the both of us!" (Or not.)

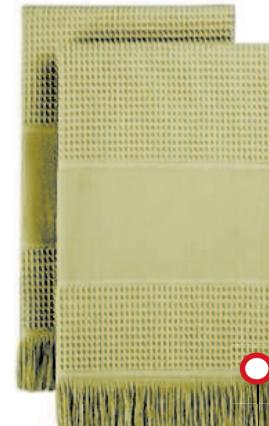
JOANNA GUSTAFSON IS A REDEYE SPECIAL CONTRIBUTOR.

**Hide and seek**

Splurge on Jayson Home and Garden's hide pillows, which come in a variety of color patterns and shapes. \$275-\$450 at Jayson Home and Garden

**Saddlebag**

Store all the necessities—moonshine, pistol and hat—in Forever 21's suede fringe handbag. \$32.80 at Forever 21

**Towel off**

Give guests the "fringe" treatment with Crate and Barrel's hand towels. \$11.95 at Crate and Barrel

**Antler able**

Give your home a dose of rustic kitsch with this antler candle holder. \$6.65 at amazon.com

**fast
paised****MATT PAIS**
mpais
@tribune.com**WATCHMEN**
(R)

'Watchmen' a brutal bore

Masked, self-made, superpower-free superheroes have hung up their tights and tried to immerse themselves into everyday society after President Richard Nixon orders them to cease their violent vigilante justice. But in 1985 when one of their own, The Comedian (Jeffrey Dean Morgan), is murdered, the team straps on the spandex/metal/etc. and springs back into action. The film stars Billy Crudup as the gigantic, blue, mutated physicist Dr. Manhattan (who may or may not be giving people cancer), Malin Akerman as Laurie/Silk Spectre II, Patrick Wilson as Dan/Nite Owl II, Matthew Goode as Adrian/Ozymandias, Carla Gugino as Sally Jupiter and Jackie Earle Haley—in the film's only memorable performance—as Rorschach, the creepiest of the bunch, who growls more than a little like Batman.

The buzz: This is the year's first highly anticipated movie, but it also comes from Zack Snyder, the director of the idiotic and highly stylized upper-body workout video also known as

"300." So it's anyone's guess if "Watchmen"—based on the supposedly unfilmable DC Comics graphic novel, which took 20-plus years to adapt and was only recently freed from legal issues between 20th Century Fox and Warner Bros.—will deliver on the hype in its 162-minute run time.

The verdict: "Watchmen" is all spectacle and mostly a bore, too clunky to be interesting and too brutal to be fun. (Ruthless actions by The Comedian and Rorschach are indulged instead of analyzed.) The scattered visual highlights can't compensate for Dr. Manhattan's urgency-free monologues or an absurd ethics lesson that's tacked on to the climax. Equally cold and sappy, "Watchmen" has been executed rather than crafted, and again suggests Snyder has no interest in making sense of a world overcome by evil and the heroism that works to stop it.

**Malin Akerman
as Silk Spectre II**
WARNER BROS.



The rewind

MATT'S PICKS FOR WHAT'S STILL PLAYING

**Two
Lovers** (R)An emotional war
everyone can relate to.**The
International** (R)We still love you, Clive
Owen and Naomi Watts.**Street Fighter:
The Legend of Chun-Li** (PG-13)

Why?

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- **Watchmen** (R) 10:30, 11:30, 12:30, 2:15, 3:15, 4:15, 6:00, 7:00, 8:00, 9:45, 10:30
- **Street Fighter** (PG-13) 12:15, 3:00, 5:40, 8:15, 11:00
- **Madea Goes** (PG-13) 11:50, 2:30, 5:00, 7:40, 10:10
- **International** (R) 4:00, 10:20
- **Confess-Shop** (PG) 11:10, 1:15, 4:40, 7:20, 10:00
- **He's Just Not** (PG-13) 12:45, 7:10
- **AMC Select Slumdog Mill** (R) 1:15, 4:30, 7:30, 10:30
- **Blart: Mall Cop** (PG) 10:40, 1:00

LANDMARK CENTURY CENTRE CINEMA (LANDMARK)2828 North Clark St., Chicago
(773) 509-4949

- **Black Balloon** (PG-13) 11:15, 1:50, 4:25, 7:15, 9:40
- **Two Lovers** (R) 11:10, 1:40, 4:20, 7:20, 9:50
- **Slumdog Mill** (R) 11:00, 1:15, 4:40, 7:40, 9:15, 10:30
- **Milk** (R) 10:30, 4:30, 7:30, 10:20
- **The Reader** (R) 12:00, 3:15, 6:45, 10:00
- **The Class** (PG-13) 11:50, 3:10, 6:30, 9:45
- **Doubt** (PG-13) 11:45, 3:00, 6:20

CITY NORTH 14 (KERASOTES)2600 N. Western Ave.
(800) 326-3264 #1642

- **Madama Butter** (NR) ★ 12:00 P.M.
- **Watchmen** (R) ★ 11:15, 11:50, 12:30, 1:00, 1:30, 2:45, 3:30, 4:01, 4:30, 5:00, 6:15, 7:00, 7:30, 8:00, 8:30, 9:45, 10:30
- **Jonas Brothers** (G) ★ 11:30, 1:10, 4:30, 5:30, 6:05, 8:15, 10:20
- **Street Fighter** (PG-13) ★ 11:50, 2:30, 5:20, 7:45, 10:15, 12:55
- **Madea Goes** (PG-13) 10:00, 12:40, 2:00, 3:40, 4:40, 6:30, 7:10, 9:15, 10:50
- **Friday the 13th** (R) 11:50, 2:20, 5:10, 7:50
- **Fried Up** (PG-13) 11:45, 2:20, 5:10, 7:50
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- **He's Just Not** (PG-13) 12:20, 3:20, 6:30, 9:30, 12:40
- **Coraline** (3D) (PG) 11:40, 2:40, 5:45, 7:20, 9:50, 12:20
- **Taken** (PG-13) 12:45, 3:00, 5:30, 8:10, 10:35, 1:00
- **Blart: Mall Cop** (R) 11:20, 1:15, 4:50, 6:40, 9:00, 11:30
- **The Reader** (R) 1:10, 4:10, 7:15, 10:20
- **Benjamin Button** (PG-13) 1:20, 5:45, 8:20, 11:50
- **The Wrestler** (R) 12:40, 3:40, 6:50, 9:20, 12:10
- **Slumdog Mill** (R) 12:10, 3:10, 6:10, 9:20, 10:12, 00

DAVIS THEATRE (VALUE)4614 N. Lincoln Ave., Chicago
(773) 784-0893

- **Watchmen** (R) ★ 12:15, 3:30, 6:45, 10:00
- **Milk** (R) 11:45, 2:20, 5:00, 7:40, 10:15

DAVIS THEATRE (VALUE) (continued)

- **He's Just Not** (PG-13) 11:45, 2:15, 4:50, 7:40, 10:10
- **Slumdog Mill** (R) 12:20, 2:45, 5:10, 7:30, 10:00

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These cereals are hot, hot, hot!

MCT

February was National Heart Month, and it was chilly. With a few cool days left before spring, think outside the (oatmeal) box with hot whole grain cereals.

Bob's Red Mill Organic Whole Grain High Fiber Hot Cereal (\$3.99, 20 ounces) has a lot of modifiers in its name and a lot of grain in its cereal. Oats, wheat bran, flaxseed meal, oat bran and wheat germ deliver 150 calories and 10 fiber grams per $\frac{1}{3}$ -cup serving. Wispy little flakes cook into a seriously filling breakfast in three minutes, not the 10 minutes the package recommends. You want a cereal to stick to your ribs, not to your pot.

How about one minute? Quaker Multigrain Hot Cereal (\$2.77, 18 ounces) is made with rye, barley, oats and wheat, with 130 calories and 5 grams fiber per $\frac{1}{2}$ -cup serving. It's earthy, fortifying and even quicker to make than

Quaker's Simple Harvest Instant (\$4.29, 11.8 ounces, 8 individual packets), which delivers fewer nutrients, costs more and has a raw flavor.

KozyShack Ready Grains (\$3.49, two 7-ounce bowls), made with oats, brown rice and barley, is available in the supermarket refrigerator section. The package says to serve it hot or cold, but unheated, it's an unappealing, gelatinous mass.

Zapped in the microwave, it becomes recognizable and cereal-like. A 7-ounce serving has twice the sugar and salt of Simple Harvest, but on the upside, each 180-calorie serving has 7 fiber grams.



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720 W. Randolph 2Br 2.5ba, prkg space, balc w/loop view nw bldg \$2100. 312-493-3947



Loop

1br condo on 182 W. Lake, 18th flr, ht & air incl, doorman, avail from Mar 15, \$1290+sec, 630-842-0743

West Loop 123 S. Green Eco Friendly, 1Br/1ba, brand new, upgrds, 1ndr prkg spc & ht incl \$1750 773-758-8233

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720 W. Gordon Terrace, lrg updt 2br, 2ba, htch clb, pool, drman \$1600 847-823-1225

Albany Park 3Br, 2ba, \$1650/mo. 847-445-3708

E. Rogers Pk BEACHFRONT 1Br, 3 Rooms. from \$765 Eastlake Ter. 773-338-6530

Gold Coast 2Br, 2ba. Sun filled flr in updated Brownstone. Frplc, beaut garden, W/D. Cats ok. Prkg. \$3200/mo 312-718-0000

Gold Coast Lrg convert. studio, balc, sunny, avl 5/1. \$1025/mo. 312-371-8698.

NORTHSIDE Condos rent to own. W&S Loop 708-601 1516 chris@ownacondo.com

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RIVER NORTH 1BR and Studio, river views, huge balc, remod w/ wd flr, high flr, \$1030 or \$1375 312-644-4950

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6700 S. Shore Dr. 11flr 3rm 1ba, drmr, excrse rm prkg \$950 incl ht 708-424-0042

Bucktown Newly remod 2 or 3Br, nr train, \$1450. incl 1prkg sp. Sam 773-517-7103

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7064 N. Sheridan Studio & 1br. Remod. Ready to move in. 847-673-0026

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Lincoln Pk-Oz Park 3Br Dlx rehab, 1/2 blk to tennis/jogging. HW flrs, ceramic tile bth w/sauna, CAC/ht, lrg garmet kit, DW, chopping blk, island, DR, lndry, small pets ok. Prkg avail. \$1600 312-810-1820

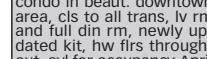
Logan Square walk to L, drive to Kennedy from your 2Br, 1Ba. 5Rms apt + bsmt, strg & den \$775 Call 630-587-6911 after 3 p.m.

Buena Park Remod Studios & 1BR's. Start at \$750. 4116 - 4136 N. Sheridan Rd. BEAULIEU 773-545-9339

Old Irving Park lrg 1Br, exposed brck, lrg closets, walk to L, Metra & Xway. No Dogs \$775+util/773-725-1625

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Oak Park Spac 1br, 3rd flr clnt in beaut. downtown area, clst to all trans, 1/4 rm and full dm, newly updated kit, ht flrs throughout. avl for occupancy April 1st. \$1100 w/ opt to buy (D)708-763-9733 (E)847-828-6488

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7064 N. Sheridan Studio & 1br. Remod. Ready to move in. 847-673-0026

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Chicago Ridge 2Br 1Ba steps to Metra & Mall, 35min to Loop-No pets/ smkg \$800+util/708-423-8499

Bolton Ranch style 3Br, lndry rm, garg, \$925 + Sec. 773-373-0726 for aptt.

Downers Gr. 1st mo. free, 1BR 1BA, nr trains, free ht & water. \$700 630-258-3751.

Downers Grv 2BR/2BA indr prkg, Pool & Sauna. Nr train. \$1300/Mo. 630-968-8533

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Hoffman Estates Apartments 2Flr, 2Bdr, top flr, util incl. Avl. 3/15. \$850/mo. 847-271-3122

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Lincoln Pk-Oz Park 3Br Dlx rehab, 1/2 blk to tennis/jogging. HW flrs, ceramic tile bth w/sauna, CAC/ht, lrg garmet kit, DW, chopping blk, island, DR, lndry, small pets ok. Prkg avail. \$1600 312-810-1820

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North Park Newly remod. 3Br, 2ba, LR, DR, Kit. Exc loc. No pets. \$1275 847-329-9788

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Peterson / California 3Br, 2Ba, 2nd flr in 2-fl, newly remod, mod kit & Ba, ht incl. \$1400. 727-504-6844

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Riverville 2 lrg Br, eat-in Kit, stove & frig, AC, balc, ht incl \$750+sec 773-776-5075

Roselle 1 & 2Br w/ spacious flr plan, park like, prime local for shopping, schl & prk district 630-774-5737

Skokie 2.5Br 1.5Ba, lndry, New ac. Sm pet OK. \$975, util not incl. 773-744-3701

Skokie 7921 N. Kenneth (4500 W) 4rms, 1br, 3rd flr. \$775. 773-771-1553

Vernon Hills ★ 1&2BR, Newly remodeled, quiet area, newer appliances, cng fan, walk-in closets, ht incl. From \$850 630-667-5089 www.propertyservices1.com

Waukegan 3BR, 1ba. Total remod. \$850 mo. 1st mo. % off. Pets ok. 847-331-6067

Westmont 2br w/scenic view, heat/water/gas/pool incl. Prvt prkg. Av 3/15. \$870/mo. 630-815-3401
Westmont Beaut spacious Newly decr 1BR, AC. Walk to train. \$675 630-910-3495
WESTMONT 2BR, AC, Balc. Security Sys. Nr Metra. From \$830. 630-596-3292

Wheeling *Rent Special* \$699, remod, delux 1 and 2br, utils, appls and balcs incl! 847-650-8630

Willow Springs Lrg 1br condo, ht and wtr incl, balc, pool, small pet ok \$819 630-653-8333

Woodridge, Downers Grove & Darien Area
Magnificent Complex
1st Month from \$450
(Restrictions Apply)
1BR from \$770, 2BR from \$900, 3BR from \$1100
Call 630-985-8810

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Gold Coast FURNISHED luxury condo, 41st flr, incredible views. \$2,100/mo. Jeff. 630-551-5721

FURNISHED APT. CITY NORTH
Irving Park area, heated remod 1BR Nr trans. \$530-\$680 + dep. 847-831-9517.

FURNISHED APT. CITY SOUTH
Chatham Sec. 8 wel. Brnd new 3br w/ gran, maple, jac, hi-end finish. \$1260 w/ furniture. 773-230-1443

HOUSE/TOWNHOUSE CITY
2625 W. 69th St. Brick 6br, 2ba, full bsmrt, fpcl, lrg LR & bkyrd. \$1450. 773-778-0465

3445 W. 66th Pl 4/5BR, 2ba, sec 8 welc., formerly a day care \$1650+sec 773-841-3694

CRAGIN AREA
2 Story Brick w/modern kit & bath, hardwood flrs, brnd, & full bsmrt 773-478-1856

Gold Coast 2800sf. 4BR, 2.5 ba. Fam rm. Dlx kit. WBFp. Lrg pvt patio. Master suite w/ granite brnd. Lndry rm. Cable & pkg incl. \$4200 312-268-2792

Hyde Park Huge 3BR 3BA Hwd flrs, Sec int., D/W, C/A, lndry. \$1550. 773-451-6551

Near West Btwn UIC/Med Ctr, 2stry brk, 4Br 1.75Ba, fin bsmrt, all appls, pkg, \$2200. 312-608-6882.

Old Irving Park Area 3Br, 1.5Ba, remod home, hwd flrs, all appls incl, a/c, 12x12 deck, nr trans, sm pets OK. 847-877-9564

Skokie 7921 N. Kenneth (4500 W) 4rms, 1br, 3rd flr. \$775. 773-771-1553

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February 17th, 1930, was the first flight by a cow in an airplane. The milk that was produced by the cow during the flight was put into containers and parachuted over the city of St. Louis.

HOUSE/TOWNHOUSE SUBURBS



7519 S. Paxton House for rent 3br, Sect. 8 Welc, 773-271-1036



Arlington Heights 3br 2ba ranch, w/d, frndc in yrd, nr x-way. \$1650. 847-439-3457.



Aurora/Fox Valley Dist 204 2br 2.5ba, 2c gar, cts to train sta/188/shop. 630-631-6005



Aurora/Sugar Grove 2br, 2.5ba, 2c gar, stfr, frpl, lv rm, din rm, appls, w/d, ac, cts to I-88. \$1150/mo 630-399-8912



Barrington Hills 3br/2ba newly remod cnty guest house. \$2100/mo. Call Cathy, 847-809-4829



Bellwood 3BR. Tenant pays utils. Bsmrt. \$1200 + 1/2 mo sec dep. Call 773-889-2389



Bolingbrook 5BR, 2 full ba, LR, Fam rm. Frplc. 2 c gar. Avl now \$1700 630-910-5378



Bolingbrook Spac 4br/2.5ba 2c gar, bsmrt, frnd yrd, appls April 1. \$1850 630-546-0897



Carol Stream 3br, 2.5ba, 2c gar, no pets, \$1,500+1 mo sec 630-924-0036



Carpentersville 2289 Flagstone Lane 2BR \$1100 (224)622-5841



2 BR/1.5 BA, AC, appls, pets ok, 1car gar, wshr/dryr...More details at...

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Crystal Lake 1BR. Newly decr. Frplc. Bsmrt. Gar. Non-smrk. \$890 815-455-6989

Des Plaines Brand new house 5BR 4.5BA. 3 Frpls, all high end appls/fixtures. Extra Lrg Mstr Ste w/bonus room attached & Balc. Exc. Schl. Owner willing to finance purchase at 7%+ refundable rent at \$2400/mo. 847-754-3614

Des Plaines -Downtown. 8rm 3BR 2.5BA. 2 Bkts to Metra. \$1800 773-551-1230

Garfield Ridge 5557 S. Massasoit. 2br home, comp. rehab, 1blk to trans & shopping. \$1050/mo. + sec. Agent Owned. 708-651-3000

Geneva 4BR/2.5BA, Full Bsmrt Beauty. Top Schl, 27 Hole Golf Club w/Practice Facility 90ac Park w/Trails. \$2,050 Apr 1, 630-762-9077

Glen Ellyn Townhome Spacious 2br, 1.5Ba, Appls incl, bsmrt, nr shopping & X-way \$950. 630-889-9695

Harvard secluded 1rg 3br fam hse, \$980/mo + utils & security. 773-206-6221

Hickory Hills Across from park. 1/3 ac. 3BR, 2ba w/ jacuzzi. Sauna (wet & dry) Fab custom finishes. 4 c gar. Handicap access. \$2200 mo. 773-230-1443

Hoffman Estates 2stry, 3BR, 2.5, 2.5cgar, FR, frnd yrd \$1550 847-722-3160

Hoffman Est 2br/1ba, 1c gar, lndry rm. \$980/mo+sec dep. ready to move in \$12-296-3686

Holiday Inn 200 N. Main St. 1.5Ba, 1c gar, 1c bath, \$100/mo. 847-331-6067

Homestead 2.5Br 1.5Ba, 1c gar, 1c bath, \$100/mo. 847-331-6067

Horizon 2.5Br 1.5Ba, 1c gar, 1c bath, \$100/mo. 847-331-6067

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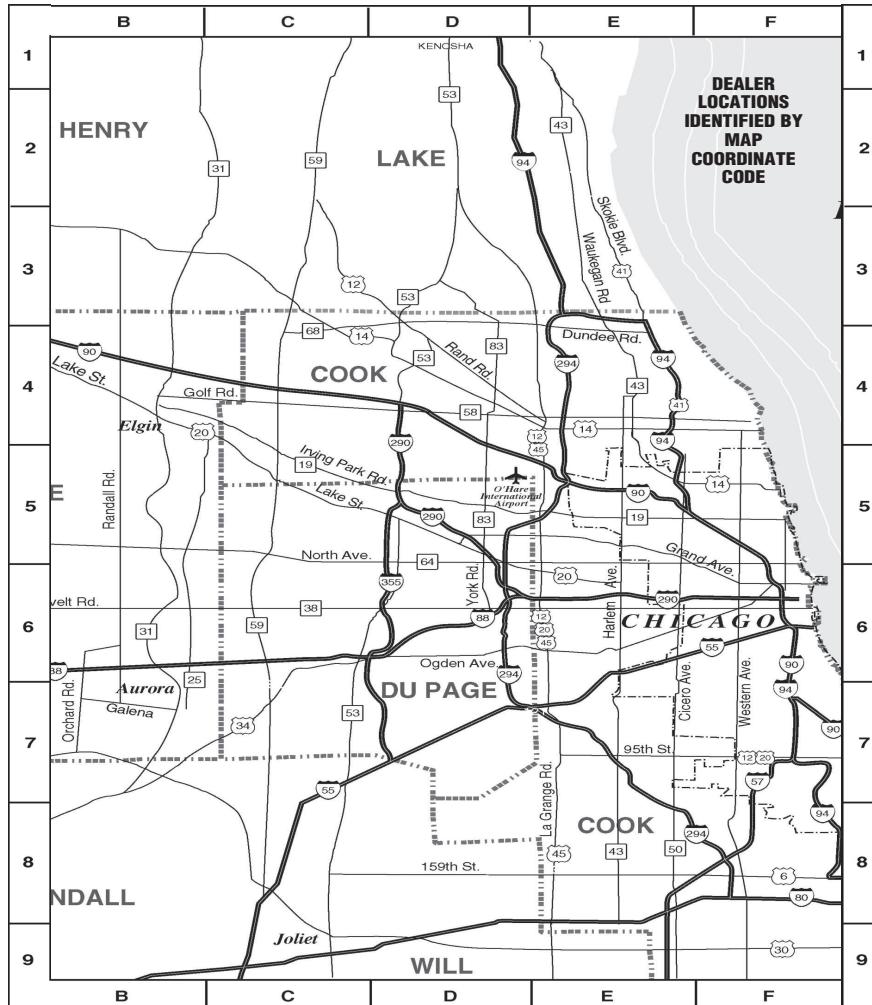
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Horizon 2.5

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Pinballs: Elvis, Batman, South Park, Adams Fam, Dale Jr., Simpsons, Harley, World Series. Jukes. 630-515-1329

Postage Stamp Show. Free Admission. White Eagle Banquets, 6839 N. Milwaukee, Niles, IL. March 14 & 15, 10 - 4 p.m., Buy & Sell. Info: 847-922-5574

Queen Oak BR Set w/ access. \$300 obo; 9 Drvr Drssr & Mirror \$250 obo; Gls China Cbnt mtchng banquettbl w/3 leaves, 6Chrs, Buffet w/side panels. \$600/obo. Stair Climber \$1400 obo & more. Bloomingdale CASH ONLY! 630-894-3898

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CAREGIVER Seeks live-in, Fri. evngs-Sun, for elderly woman in North sub. Exp'd. Refs req. Competitive salary, email: te7h@yahoo.com

Certified Nurses Aid to take care of 65 yr. old female. 7am-3pm; 3pm-11pm; 11pm-7am. Lakefront. Beatrice Maggos 773.281.1942

Nanny/Home educator wanted, \$20K/yr. room & board per year, college grad, prefer-bilingual, math and science skills favored. 773-624-8000

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news

from news services

Cops: Homicides down

Homicides in Chicago are down from the same period last year, according to the Chicago Police Department, which reported a drop in all categories of crime. Fifty murders were recorded in the city in January and February, compared to 54 last year.

Body found in lagoon

A body was recovered in the Humboldt Park Lagoon on Friday morning, according to the Chicago Fire Department. The gender and age of the body were not immediately known.

Gunfire report at UIC

A police officer for the University of Illinois at Chicago accidentally discharged his weapon while responding to a report of possible gunfire on the campus Friday afternoon, but no injuries were reported. The search sparked by the initial report of gunfire continued late into the afternoon, but no evidence of gunshots had been found.

Feds file suit against tortilla plant

Federal authorities filed suit Friday to shut down Chicago manufacturing plant Del Rey Tortilleria, which allegedly made flour tortillas that have been linked to flu-like illnesses in schoolchildren in Wisconsin and Massachusetts.



Obama goes to school

BETHESDA, Md. He may be the president, but he's still a dad.

President Obama and First Lady Michelle Obama took a break from a busy Friday afternoon to go to a parent-teacher conference for their daughter, Sasha.

The first parents took a quick motorcade from the White House, arriving at the Sidwell Friends school in Bethesda about 20 minutes later.

Their motorcade rolled through city streets that police had blocked off to other traffic.

Crowds of pedestrians lined up on a warm Friday afternoon and cheered the motorcade as it swept through the city.

Sasha, 7, has been attending the school since earlier this year.

TOP COP RELEASES NAMES

WEIS TURNS OVER MISCONDUCT LIST AFTER BEING FOUND IN CONTEMPT

After being found in contempt of court by a federal judge, Police Supt. Jody Weis said Friday that he has handed over a list of officers who have repeatedly been accused of misconduct.

U.S. District Judge Robert Gettleman had ordered Weis to appear in court Monday to explain why he has continued to defy the order.

"We have the chief law-enforcement officer of the City of Chicago basically picking and choosing the orders of the federal court that he will obey or disobey, and he's chosen to disobey this order," a transcript quoted Gettleman as saying.

Attorneys for Donna Moore, custodian of two minor children who claim they were beaten by an off-duty detective in 2007, have requested the city's list of "repeat officers," those accused more than five times of misconduct and all those accused of excessive force.

Some officers have been accused as many as 65 times, including allegations of excessive force more than 20 times, said Flint Taylor, attorney for the plaintiffs.

Weis said he still disagrees with the judge's decision but feels he must comply. He plans to appear before the judge Monday morning.

Taylor said he was "pleased that Jody Weis and the city have chosen to purge themselves of their contemptuous conduct."

But he added: "It does not excuse their bad faith delay and obstruction over the past eight months, and we trust that Judge Gettleman will impose sanctions against the city and Supt. Weis."

"Furthermore, Weis' decision to turn over the lists constitutes an admission that his position from the beginning was indefensible, and we look forward to questioning him about the reasons for his contemptuous conduct."



Jobless rate hits '83 level

The nation's unemployment rate bolted to 8.1 percent in February, the highest since late 1983, as cost-cutting employers slashed 651,000 jobs amid a deepening recession.

Both figures were worse than analysts expected, and the Labor Department's report shows American workers being clobbered by a wave of layoffs unlikely to ease in the coming months.

"There is no light at the end of the tunnel with these numbers," said Nigel Gault, economist at IHS Global Insight. "Job losses were everywhere, and there's no hope for a turnaround any time soon."

February's net job loss came after even deeper payroll reductions in the prior two months, according to revised figures released Friday. The economy lost 681,000 jobs in December and another 655,000 in January.

President Obama walks Friday with his daughter Malia outside of the White House before taking the presidential limousine to a parent-teacher conference at Sidwell Friends school in Bethesda, Md. **AP PHOTO**

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Chicago

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(95th & Western, across from Evergreen Plaza)

773-238-6369

Lincoln Park/Clybourn 2000 N. Clybourn Ave. (next to Petco)

773-477-1701

Lincoln Park/Halsted 801 W. Diversey (next to Dunkin' Donuts)

773-868-0912

(Se Habla Español)

Lincolnwood 6160 N. Lincoln Ave.

(Corner of Lincoln and McCormick, next to Radio Shack)

773-866-9999

South Loop Roosevelt & Canal (next to Dunkin' Donuts)

312-566-9600

Suburbs

Addison 1008 Rohlwing Rd.

(Walmart & Best Buy Center)

630-620-4171

Algonquin 776 Randall Rd. (In front of Target & Kohl's)

847-658-7654

Arlington Heights 1007 East Rand Rd. (2 lights south of

Palatine Rd. on corner of Rand & Beverly next to La-Z-Boy)

847-870-1275

Aurora 1076 Route 59 (across from Keywester restaurant)

630-499-5080

Berwyn Store & Clearance Center 7050 W. Cermak Rd.

(across from Circuit City) (Se Habla Español)

708-788-4770

Bloomingdale 185 East Lake St. (next to Rosati's)

630-980-0690

Bolingbrook 145 N. Weber Rd. (Home Depot Center)

630-378-3100

Carol Stream Army Trail & Kuhn (west of Lowe's)

630-933-8800

Chicago Ridge 9935-51 S. Ridgeland Ave.

(across from Chicago Ridge Commons next to Verizon)

708-346-9944

Crystal Lake 6107 Northwest Hwy.

(Route 14 across from Best Buy)

815-444-1010

Darien 2415 75th Ave. at 75th & Lyman (next to Walmart)

630-985-5599

Deerfield 92 Waukegan Rd. (Deerbrook Mall next to Jewel)

847-205-2541

DeKalb 2395 Sycamore Rd. (at Barber Greene Rd.)

815-758-4320

Downers Grove Store & Clearance Center

1546 75th St. (2 blocks W. of Lemont Rd.)

630-435-1615

Elmhurst Route 83 & St. Charles Rd.

(between Kohl's & Sears Essentials)

630-833-9233

Evergreen Park 2349 W. 95th St.

(corner of 95th & Western, across from Evergreen Plaza)

773-238-6369

Geneva 1749 S. Randall Rd. (next to Walter E. Smithe)

630-262-0066

Gurnee 6541 Grand Ave.

(Corner of Grand & Hunt Club Rd., between Best Buy & Target)

847-855-0768

Hanover Park Store & Clearance Center 1625 Irving Park Rd.

(at Barrington Rd. next to Walgreens)

630-372-5378

Joliet 2903 Colorado Ave. (just off Route 30

next to Louis Joliet mall behind Wendy's)

815-436-5600

LaGrange 115 N. LaGrange Rd.

(block north of Ogden across from McDonald's)

708-579-3690

Lake Zurich/Kildeer 20505 N. Rand Rd.

(behind Chili's across from Deer Park Center)

847-719-2300

Matteson 4533 W. Lincoln Hwy. (3 blocks E. of Cicero Ave.)

708-283-0556

McHenry 2200 N. Richmond Rd. Route 31 (across from Meijer)

815-363-2807

Mundelein 3010 W. Route 60 (Best Buy Center)

847-566-6724

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\$113
per mo. with
no interest**

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\$88
per mo. with
no interest**

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per mo. with
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sports



watch dog

WHIZZER
redeyesports
@tribune.com

I wish I could list all the college basketball I'm planning on watching this weekend, but the boys upstairs can't give me the space. Here's what else I'm watching.

NHL



Blackhawks at. Boston
Noon Saturday, CSN



Blackhawks vs. Colorado
2 p.m. Sunday, WGN

Trivial pursuit

What do you know about the World Baseball Classic?

By Michael Hines
REDEYE

Before his hip injury, Alex Rodriguez had planned to bench his New York Yankee pinstripes and play for the Dominican Republic during the World Baseball Classic, which started Thursday. Plenty of Major League Baseball stars will take time off from Spring Training for the 16-team international tournament, so what's the big deal?

Remember, A-Rod suited up for the United States in the inaugural tourney just three years ago. Talk about playing the field! The American-born son of Dominican parents would have been able to pull the clubhouse switcheroo because he has dual citizenship—and that fun fact is all RedEye needs to jump-start a WBC trivia game.

Only five of the following 10 statements are true—can you separate fact from fiction?

1. Japan beat Cuba in the championship game of the first WBC in 2006.
2. Cuba's roster includes a dozen major-league stars.
3. Cubs outfielder Kosuke Fukudome hit two home runs for Japan in the 2006 WBC.
4. Red Sox slugger David Ortiz (Dominican Republic) bragged this week he'll hit a home run off of



teammate Daisuke Matsuzaka (Japan).

5. White Sox manager Ozzie Guillen, who isn't participating in the WBC, guaranteed his home country of Venezuela will win the tournament.
6. The Bulls selected 6-foot-5 pitcher Adam Ottavino (Australia) in the second round of the 2002 NBA draft.
7. St. Louis Cardinals slugger Albert Pujols is not participating in the WBC, yet Thursday he refused to play an exhibition game against the Dominican Republic, his home country.
8. In most Las Vegas sports books, Russia is the favorite to win it all.
9. Carlos Zambrano (Venezuela) told Geovany Soto (Puerto Rico), his teammate with the Cubs, that he'd wash and wax Soto's car if he gives up a hit to the catcher.
10. Only two members of the White Sox organization are playing in the WBC, while the Cubs have eight players from their system in the tourney.

FACT: 1, 3, 4, 7, 10 FICTION: 2, 5, 6, 8, 9

Five on one

Can you feel it in the air? That's the tingling of March Madness just around the corner. Sign up for weekday Five on Five at redeyechicago.com/facebookfives.



THE TOPIC

JIM WALSH
jxwalsh@tribune.com

Duke plays UNC on Sunday. Name a better contest.



LEO EBERSOLE
lebersole@tribune.com

There's nothing better than watching Dook fall to the Tar Heels.



TRACY SWARTZ
tswartz@tribune.com

Some drinking contests. The pool entries are the worst.



BRIAN MOORE
brmoore@tribune.com

That Guy vs. Leo in a fight for the last cold Zima.



THAT GUY
thatguy@tribune.com

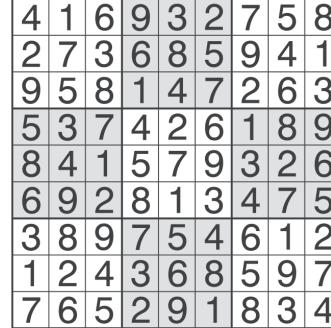
Me Jello-wrestling April Rose from aprilroseonline.com. Bring it, April!!

**txtable**

Think you can beat John?
E-mail redeyeeditor@tribune.com
or text "John" and your e-mail
address to 32332.

**SUDOKU CHALLENGE
WITH JOHN WILLIAMS**

Tune in to John's WGN (720-AM)
show from 5 to 9 a.m.

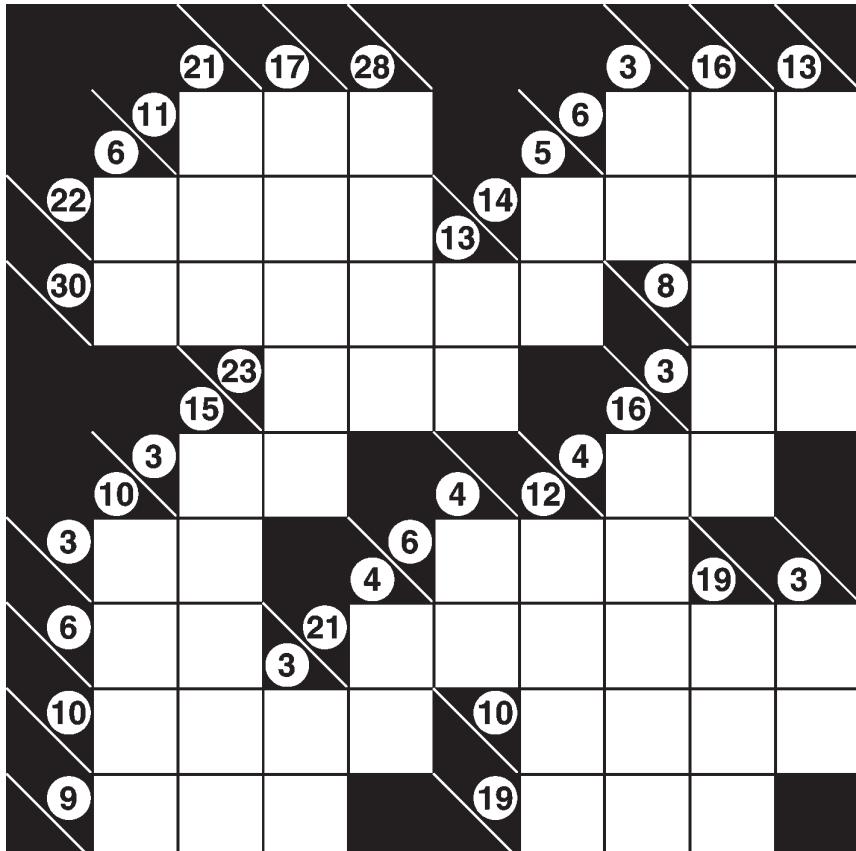
38 min.**FRIDAY'S SOLUTIONS**

UNIVERSAL PRESS SYNDICATE

DIFFICULTY RATING: ★★★★★★★★

KAKURO EDITED BY MICHAEL MEPHAM

Enter a number between 1 and 9 in the empty squares. The clues are the numbers in the white circles that give the sum of the solution numbers: above the line are across clues; below the line are down clues. Thus, a clue of 3 will produce a solution of 2 and 1, and a 5 will produce 4 and 1, or 2 and 3, but, of course, which squares they go in will depend on the solution of a clue in the other direction. No digit can be repeated in a solution. Answer at redeyechicago.com/answers.

**ACROSS**

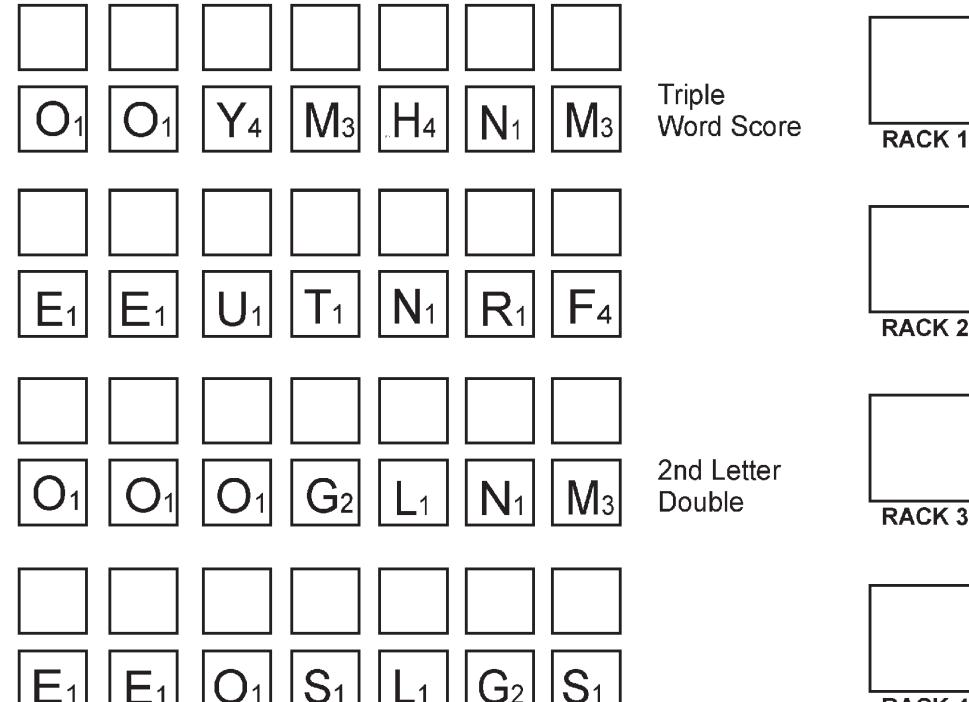
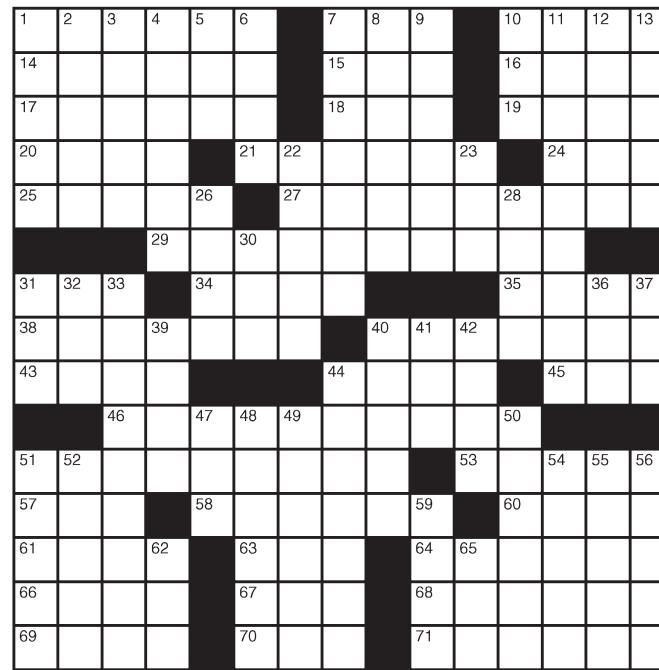
1 Of sociopolitical units
7 Beaver project
10 How 'bout that!
14 borealis
15 NASA's ISS partner
16 Carried out
17 Reflections
18 \$5 bill
19 "Paper Lion" star
20 Childhood
prohibition
21 Hindu mystics
24 ___ Plaines, IL
25 Hackneyed
27 Conservationist
29 A realistic goal
31 Learning inst.
34 Cleaning cloths
35 Caspian feeder
38 Speed up faster
40 Aircraft engine
enclosure
43 Wan
44 Mall event
45 Hankering
46 Standing as proof of
51 Boo shouter
53 Pinball miscues
57 Cape __, MA
58 Value highly
60 British trunk
61 Watch face
63 Besmirch
64 Burning
66 Razor choice
67 Had a bite
68 Planting device
69 Kennedy and Koppel
70 Pioneered
71 Becomes entrenched

DOWN

1 Contaminate
2 Hearsay
3 Teheran native
4 Capital of Colombia
5 Exist
6 Highland maiden
7 Mars with graffiti
8 "I, Robot" author
9 Philippines
36 Tavern brew
37 Dykstra or Deighton
39 Invitation abbr.
40 Mother-of-pearl
41 Boxing great
42 Lincoln coin
44 Smiled derisively
47 Wrath
48 Depressing in
character
49 Landed manor
50 Edible viscera of fowl
51 Egypt's Anwar
52 Make one
54 Burdens
55 Actress Marisa
56 Severe
59 Big glob
62 Vegas
65 Charge for service

SCRABBLE

Make a 2- to 7-letter word from the letters in each row. Add points of each word, using scoring directions at right. Finally, 7-letter words get a 50-point bonus. "Blanks" used as any letter have no point value. All the words are in the Official Scrabble Players Dictionary, 3rd Edition.

Find the answer at redeyechicago.com/answers.**PAR SCORE 140-150****BEST SCORE 229****metropolis**

10 Actress/director
69 Lupino
70 Befitting a warrior

12 Peruvian mountains

13 Leavening agent

14 Use a scale

22 Express sorrow

26 Light tan

28 Sticking stuff

30 Possesses

31 Guitarist Walsh

32 Kind of cap

33 Swiss rescue

worker?

36 Tavern brew

37 Dykstra or Deighton

39 Invitation abbr.

40 Mother-of-pearl

41 Boxing great

42 Lincoln coin

44 Smiled derisively

47 Wrath

48 Depressing in

character

49 Landed manor

50 Edible viscera of fowl

51 Egypt's Anwar

52 Make one

54 Burdens

whoville

BY
JIM
WALSH

Hilary Duff

Beau: Mike Comrie
(Ottawa Senators)

Proposed cheer: Hey, hey/Mike,
Mike/The gift of car/I really like



AP FILE

Jessica Simpson

Beau: Tony Romo (Dallas Cowboys)
Proposed cheer: Doughnuts, pizza,
spaghetti, Ragu!/I love food and I love YOU!



GETTY IMAGES

Kim Kardashian

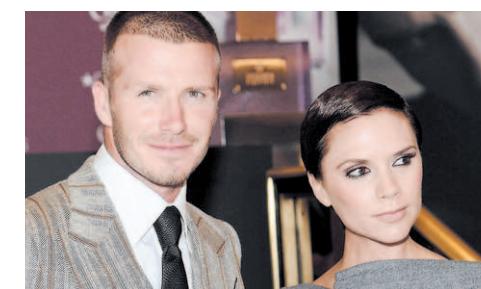
Beau: Reggie Bush (New Orleans Saints)
Proposed cheer: D-Fence, D-Fence/
Pass, pass, pass/Tell me you don't love this ...



GETTY IMAGES FILE

Gisele Bündchen

Husband: Tom Brady (New England Patriots)
Proposed cheer: We're married now/Or maybe
not/Let's not confirm/It's worth a shot



AP FILE

Victoria Beckham

Husband: David Beckham
(L.A. Galaxy/AC Milan)

Proposed cheer: Rubbish, rubbish, pish posh/
Celebrity is such a bother

For love of the game ...

Believe it or not, Hilary Duff is a huge hockey fan.

"I'm the crazy lady sitting in the crowd screaming my head off," the actress and singer tells **people.com**.

Of course, that might have something to do with her beau, Mike Comrie, a center for the Ottawa

Senators.

Whether she's into ice matches—or just into Comrie—Duff isn't alone in her pursuit of love and athletics. Check out this cast of rally girls who have been linked—or married—to jock types.

red hot



Jane's Addiction
GETTY IMAGES FILE

Festival madness

Listen up, hipsters: There was big news Friday about Chicago's Lollapalooza and Pitchfork Music Festival.

First, Pitchfork: It's getting interactive. This year you can pick the set list at the fourth annual shindig in Union Park.

As part of the plan announced Friday, bands—including The Jesus Lizard, The National and Grizzly Bear—will create

their set lists based on online fan voting. Tickets for the July 17-19 show go on sale March 13.

As for Lolla? Sources tell Tribune music critic Greg Kot that Depeche Mode, the Beastie Boys and a reunited Jane's Addiction are expected to headline the fifth annual gig Aug. 7-9 in Grant Park. No word yet on ticket sales.

'Idol' chatter

Guess who's coming to "American Idol." Kanye West and Kelly Clarkson will perform on the Fox show at 8 p.m. Wednesday. West will sing his single, "Heartless," while "Idol" winner Clarkson will perform her song, "My Life Would Suck Without You," the network announced late Thursday.

HOT DATE

09.12.09

That's when U2 kicks off the American arm of its world tour—at Soldier Field!



U2
GETTY
IMAGES
FILE



Efron and Hudgens
GETTY IMAGES

Let's talk about sex

Zac Efron tells Elle magazine for its April issue that he and his mom had a little talk after photos of him and girlfriend Vanessa Hudgens looking at what appeared to be sex toys leaked online a while back.

"She's like 'I knew you were being sexual!' But she understood," Efron says. "My stocking was full of condoms this Christmas. She buys me the economy box."

Brown patrol

Chris Brown holed up in a hotel bar Thursday night after his court appearance to face felony charges alleging he beat up Rihanna. Brown, 19, left the SLS Hotel in Beverly Hills around 3:45 a.m. after spending much of the evening at the hotel bar with his bodyguards, TMZ reports. Meanwhile, Rihanna's attorney says the singer would testify against Brown if called as a witness in his assault case.



Cover girls

Congratulations, Michelle Obama! You get to appear on the cover of "O Magazine" with Oprah! Winfrey showed off the cover of the April issue during her show Friday, The Associated Press

reports. The talk-show queen hasn't shared the cover for nine years. In the interview, Obama talks about topics ranging from her decorating philosophy to pie to how she hopes she can help other women.



What's the origin of Shakira's name?

"My mother hoped I'd look like Michael Caine's wife, Shakira. My parents had

no idea it really meant something in other languages," the Colombian singer told the New York Post's Cindy Adams. "In Arabia, it means 'one who gives thanks to God.' In Pakistan, my name means 'to get drunk.'"